

#### ABSTRACT OF THE DISCLOSURE

A container system for microwave oven cooking comprises a main body, a lid, and a cap disposed in a recess in the lid. The cap is movable upward and downward through a limited range in the recess depending on steam pressure, and grooves, formed in a side wall of the cap, or in a side wall of the recess, allow escape of steam when the cap is moved upward as a result of steam pressure. The lid is also allowed to move upward and downward relative to the main container body in response to steam pressure, and, when the lid is moved upward, an additional path for the escape of steam is provided at the location where the rims of the lid and main body meet each other.